



## Kids

### Dance

#### Dance Combo

Put your dancing shoes on! Learn body movements associated with various styles of dance including modern, lyrical, freestyle, jazz, tap, ballet, and hip hop. Develop poise and grace while increasing self confidence through the use of bouncy balls, ribbons, hula hoops, and more.

##### Preschool

\$16 one time administration fee payable to instructor. Optional recital requires costume and recital fees.

Age: 2Y - 4Y

135226	W	04:30 PM-05:15 PM	9/5 - 9/26	\$32
135227	W	04:30 PM-05:15 PM	10/10 - 10/31	\$32
135233	W	04:30 PM-05:15 PM	11/7 - 11/28	\$25
135234	W	04:30 PM-05:15 PM	12/5 - 12/19	\$25

##### Elementary

\$16 one time administration fee payable to instructor. Optional recital requires costume and recital fees.

Age: 5Y - 7Y

135228	W	05:15 PM-06:00 PM	9/5 - 9/26	\$32
135229	W	05:15 PM-06:00 PM	10/10 - 10/31	\$32
135235	W	05:15 PM-06:00 PM	11/7 - 11/28	\$25
135237	W	05:15 PM-06:00 PM	12/5 - 12/19	\$25

##### Youth & Teen

\$16 one time administration fee payable to instructor. Optional recital requires costume and recital fees.

Age: 8Y - 17Y

135230	W	06:00 PM-06:45 PM	9/5 - 9/26	\$32
135231	W	06:00 PM-06:45 PM	10/10 - 10/31	\$32
135232	W	06:00 PM-06:45 PM	11/7 - 11/28	\$25
135236	W	06:00 PM-06:45 PM	12/5 - 12/19	\$25

## Martial Arts

#### Karate & Tae Kwon Do

Feeling - Reaction - Action - Technique. Discover these four steps that combine two styles of martial arts. Patient guidance and practical training emphasize key punch and kick techniques that enhance development by improving mental discipline, posture, coordination, and self defense skills.

Age: 4Y and up

Instructor: Ybarra

135299	W, M	07:00 PM-08:15 PM	9/5 - 9/26	\$30
135300	M, W	07:00 PM-08:15 PM	10/1 - 10/31	\$42
135301	M, W	07:00 PM-08:15 PM	11/5 - 11/28	\$30
135302	M, W	07:00 PM-08:15 PM	12/3 - 12/19	\$26

## Performing Arts

#### Modeling, Etiquette, & Acting

Find beauty inside and out. Become a lady while learning posture, how to sit, table settings, and manners. Cover the fundamentals of being a model including make-up application, using cleansers, wardrobe choices, and modeling stances. Your confidence will soar while performing acting and improv activities at the jam session each class.

\$16 one time administration fee and \$4 supply fee per month payable to instructor. Receive a free make-up bag with your first month's registration.

Age: 7Y and up

135372	Tu	05:00 PM-06:00 PM	9/4 - 9/25	\$37
135373	Tu	05:00 PM-06:00 PM	10/2 - 10/23	\$37
135374	Tu	05:00 PM-06:00 PM	11/6 - 11/27	\$37
135376	Tu	05:00 PM-06:00 PM	12/4 - 12/18	\$28

## Violin

Make some music! Learn the basics of violin including proper stance, how to hold the bow, finger placement on strings, and bowing patterns. Basic keys, correct tune, and sight reading will be covered. Appreciate the beauty and grace of this classical instrument while expanding your musical knowledge.

Bring your own violin and bow.

Age: 9Y and up

134744	Th	04:00 PM-05:00 PM	9/6 - 9/27	\$42
134745	Th	04:00 PM-05:00 PM	10/4 - 10/25	\$42
134746	Th	04:00 PM-05:00 PM	11/1 - 11/8	\$22
134747	Th	04:00 PM-05:00 PM	12/6 - 12/20	\$32

## Sports

### Cheer Combo

Ready, okay! Perform floor exercises, games, backbends, front and back tumbling skills, splits, and more while learning the basics of cheerleading, gymnastics and tumbling. Build your endurance, self esteem, confidence, and flexibility through drill exercises, form, fundamentals, and cheers.

*Preschool*

\$16 one time administration fee payable to instructor. Optional recital requires costume and recital fees.

Age: 2Y - 4Y

Instructor: Jones

135247	M	04:30 PM-05:15 PM	9/10 - 9/24	\$21
135250	M	04:30 PM-05:15 PM	10/1 - 10/22	\$27
135253	M	04:30 PM-05:15 PM	11/5 - 11/26	\$27
135258	M	04:30 PM-05:15 PM	12/3 - 12/17	\$21

*Elementary*

\$16 one time administration fee payable to instructor. Optional recital requires costume and recital fees.

Age: 5Y - 7Y

Instructor: Jones

135248	M	05:15 PM-06:00 PM	9/10 - 9/24	\$21
135251	M	05:15 PM-06:00 PM	10/1 - 10/22	\$27
135254	M	05:15 PM-06:00 PM	11/5 - 11/26	\$27
135257	M	05:15 PM-06:00 PM	12/3 - 12/17	\$21

*Youth & Teen*

\$16 one time administration fee payable to instructor. Optional recital requires costume and recital fees.

Age: 8Y - 17Y

Instructor: Jones

135249	M	06:00 PM-06:45 PM	9/10 - 9/24	\$21
135252	M	06:00 PM-06:45 PM	10/1 - 10/22	\$27
135255	M	06:00 PM-06:45 PM	11/5 - 11/26	\$27
135256	M	06:00 PM-06:45 PM	12/3 - 12/17	\$21

## Adults

### Health & Fitness

#### Step Aerobics

Start steppin'! Learn aerobic step exercises, from stretching and warm up to an invigorating full body workout and cool down. This extension of traditional floor aerobics provides comprehensive cardiovascular and aerobic training that works major muscle groups and strengthens your body. Burn fat, tone your shape, and build muscle.

Age: 16Y and up

Instructor: Darby

134833	Tu, Th	06:00 PM-07:00 PM	9/4 - 9/27	\$30
134834	Tu, Th	06:00 PM-07:00 PM	10/2 - 10/25	\$30
134835	Th, Tu	06:00 PM-07:00 PM	11/1 - 11/27	\$30
135225	Tu, Th	06:00 PM-07:00 PM	12/4 - 12/27	\$30

#### Zumba - Adults

Forget the workout, remember the fun! Combine fast and slow rhythms to learn aerobic routines to the sounds of Latin and International music. Utilizing the principles of fitness interval and resistance training, maximize caloric output, fat burning, and total body toning.

*Zumba Chas*

Per Session and Per Class registrations available.

Age: 14Y and up

Instructor: Lewallen

135349	Tu, Th	07:30 PM-08:30 PM	9/4 - 9/27	\$32
135351	Tu, Th	07:30 PM-08:30 PM	10/2 - 10/30	\$32
135352	Th, Tu	07:30 PM-08:30 PM	11/1 - 11/27	\$32
135353	Tu, Th	07:30 PM-08:30 PM	12/4 - 12/27	\$32

